



NEBRASKA WIC APPROVED FOODS

COLD CEREALS

GENERAL MILLS

Cheerios, Oat
Kix

KELLOGG's

Corn Flakes
Frosted Mini-Wheats
Frosted Mini-Wheats
Bite Size

MALT-O-MEAL

Bite Size Frosted
Mini Spooners
Crispy Rice
Frosted Mini
Spooners
Toasty O's

POST

Banana Nut Crunch
Grape-Nuts
Honey Bunches
of Oats - honey
roasted

QUAKER

Crunchy Corn Bran
Life

BEST CHOICE

Bite Size Frosted
Shredded Wheat
Corn Flakes
Crisp Rice
Happy O's
Enriched Bran
Flakes
Rice Crisps
Nuttly Nuggets
Solar Rollers
Sweet Crisp Combo
with Honey
Sweet Crisp Combo
with Almonds

HY-VEE

Bite Size Frosted
Shredded Wheat
Corn Flakes
Crispy Hexagons
Corn & Rice
Enriched Bran Flakes
Honey, Oats &
Flakes w/ Almonds
Nuttly Nuggets
Tastecos
Toasted Corn Cereal
Toasted Rice Cereal

OUR FAMILY

Bite Size Frosted
Shredded Wheat
Corn Biscuits
Corn Flakes
Crispy Rice
High Fiber Bran
Flakes
Krunch Nutties
Oats and More
Toasted Oats

SHURFINE

Bite Size Frosted
Shredded Wheat
Corn Flakes
Crispy Rice
Enriched Bran
Flakes
Honey Oats and
Flakes
Nuttly Nuggets
Toasted Oats

SHUR VALU

Corn Flakes
Crisp Rice
Toasted Oats

HOT CEREALS

LITTLE CROW

Coco Wheats

MALT-O-MEAL

Chocolate Hot Cereal
Original Hot Cereal

NABISCO

Cream of Wheat
(1 Minute)
Cream of Wheat
(2 1/2 Minute)
Cream of Wheat
(10 Minute)

BEST CHOICE

Creamy Wheat
Instant Oatmeal

HY-VEE

Creamy Wheat
Instant Oatmeal
Regular Flavor

SHURFINE

Instant Oatmeal
Regular Flavor

OUR FAMILY

Instant Oatmeal
Regular Flavor

JUICES - 100% JUICE, NO ADDED SUGAR

Pourable Juice Concentrate - 11.5 oz.

Grape Juice (Yellow Band)

Libby's Juicy Juice Grape
Welch's Grape

White Grape Juice (Yellow Band)

Libby's Juicy Juice White Grape
Welch's White Grape

Apple Juice (Yellow Band)

Libby's Juicy Juice Apple
Welch's Apple

Other Flavors & Blends (Yellow Band)

Welch's Cherry Sensation
Welch's Fruit Fantastic
Welch's Strawberry Raspberry
Welch's Tropical Passion
Welch's Wild Berry
Libby's Juicy Juice Berry
Libby's Juicy Juice Cherry
Libby's Juicy Juice Cranberry Apple
Libby's Juicy Juice Punch
Libby's Juicy Juice Kiwi Strawberry

Frozen Juice Concentrate - 11.5 - 12 oz. only

Apple Juice

Best Choice Apple
Hy-Vee Apple
Old Orchard Apple
Our Family Apple
Seneca Apple - Red Label only
Shurfine Apple
Tree Top Apple

Grape Juice

Old Orchard Grape
Shurfine Grape
Welch's Grape (Yellow Pullstrip)

White Grape Juice

Welch's White Grape (Yellow Pullstrip)

*Grapefruit Juice

Store Brand or Private Label

*Orange Juice

Store Brand or Private Label

* If Store Brand or Private Label not available, then Brand Name frozen orange or grapefruit juice allowed.

Juice Blends

Old Orchard Apple Cherry
Old Orchard Apple Cranberry
Old Orchard Apple Kiwi Strawberry
Old Orchard Apple Passion Mango
Old Orchard Apple Raspberry
Old Orchard Apple Strawberry Banana
Old Orchard Cranberry Blend
Old Orchard Cranberry Raspberry
Old Orchard Fruit Punch
Welch's White Grape Cranberry
(Yellow Pullstrip)
Welch's White Grape Peach
(Yellow Pullstrip)
Welch's White Grape Pear
(Yellow Pullstrip)
Welch's White Grape Raspberry
(Yellow Pullstrip)

Bottled Juice - 46 oz. only

Apple Juice

Best Choice - Apple
Hy-Vee Just Juice Apple
Libby's Juicy Juice Apple

Grape Juice

Best Choice - Grape
Hy-Vee Just Juice Grape
Libby's Juicy Juice Grape

Juice Blends

Best Choice - Berry
Best Choice - Cherry
Best Choice - Punch
Best Choice - Vegetable
Hy-Vee Just Juice Berry
Hy-Vee Just Juice Cherry
Hy-Vee Just Juice Punch
Hy-Vee Just Juice Strawberry
Libby's Juicy Juice Apple-Grape
Libby's Juicy Juice Berry
Libby's Juicy Juice Cherry
Libby's Juicy Juice Kiwi Strawberry
Libby's Juicy Juice Orange Tangerine
Libby's Juicy Juice Mango
Libby's Juicy Juice Peach
Libby's Juicy Juice Punch
Libby's Juicy Juice Tropical
Libby's Juicy Juice White Grape

Canned Juice - 46 oz. only

Apple Juice

Best Choice Apple
Shurfine Apple Juice
Seneca Apple

Grape Juice

Best Choice Grape
Shurfine Grape Juice
Welch's Grape
Welch's White Grape

*Grapefruit Juice

Store Brand or Private Label

*Orange Juice

Store Brand or Private Label

*Pineapple Juice

Store Brand or Private Label which provides 100% of the US RDA for Vitamin C in a 6 oz. serving

* If Store Brand or Private Label not available, then Brand Name canned orange, grapefruit or pineapple juice allowed.

Orange Grapefruit Juice

Shurfine Orange Grapefruit

Vegetable Juice

Best Choice Vegetable Juice
Hy-Vee Vegetable Juice
Our Family Vegetable Juice
Shurfine Vegetable Juice

Tomato Juice

Best Choice Tomato
Campbell's Low Sodium Tomato Juice
Del Monte Tomato Juice
Hy-Vee Tomato Juice
Our Family Tomato Juice
Shurfine Tomato Juice

No Hi-C or Cocktail or Fruit Drinks

No Calcium-Added Juices

No Reduced Acid Juices

No Individual Sized Containers

INFANT FORMULA- IRON FORTIFIED

The brand of formula will be specified on the WIC check.

INFANT CEREAL

Dry Cereal in 8 oz. boxes without fruit

INFANT JUICE

Available only if specified on the check

Any brand 100% juice - 4 oz. & 32. oz sizes

No infant juice with yogurt

MILK - *Store Brand or Private Label

Whole	Skim	Acidophilus Milk
Reduced Fat	Nonfat	Lactose-reduced
Lowfat	Light	Lactose-free
Evaporated	Fat Free	Buttermilk

Nonfat Dry Milk

No Flavored Milk, No Soy Milk

* If Store Brand or Private Label not available, then Brand Name milk allowed.

CHEESE - *Store Brand or Private Label Domestic, from the Dairy Case (Block or Sliced only)

Swiss, Natural Cheddar, Colby Jack Marble, Colby, Monterey Jack, Mozzarella, Pasteurized Process American Cheese, Reduced Fat Cheese

No Cheese Food (i.e. Velveeta), Cheese

Product, or Cheese Spread

No Shredded, String, Cottage, or Cream Cheese

No added ingredients such as jalapeño, caraway seeds, etc.

*If Store Brand or Private Label not available, then Brand Name cheese allowed.

EGGS - Medium, any brand

No organic eggs, no low cholesterol eggs

PEANUT BUTTER - Any 18 oz. Brand

Creamy or Chunky style

No added ingredients such as honey or jelly

No reduced fat peanut butter

No organic peanut butter

CARROTS

Fresh, Frozen, or Canned - Any brand

No baby carrots or carrots in sauce

No fresh carrots that have been peeled

No organic carrots

TUNA - Water or Oil-packed, any brand

Chunk or flake in can

No albacore or tuna packed with relish, crackers, etc.

LEGUMES/DRY PEAS/DRY BEANS

Black, Blackeyed Peas, Cow, Crowder, Garbanzo, Great Northern, Kidney, Lentils, Lima, Mung, Navy, Pinto, Red, Soy, Split

No Mixed Beans

No Bulk Beans